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ABSTRACT

To explore current conceptions about menstruation, 50 male and female undergraduate students were asked to Q sort symptoms from the Moos Menstrual Distress Questionnaire (MDQ). The MDQ is a scale which contains 47 symptoms which have been associated with the menstrual cycle. The Q sort is a statistical technique in which data are analyzed as though the people in the study were the measuring instruments and the questionnaire items were the subjects. For this investigation, each of the 47 symptoms on the MDQ was typed on an index card. Students were instructed to sort the cards along a continuum from "1" to "7" (1=least relevant, 7=most relevant). Subjects were then directed to respond with four different conceptual sets: initial conceptions, current conceptions, conceptions for your best friend, and conceptions for the average women. Data from each of the four Q sorting tasks were submitted to a Q type factor analysis. Findings indicated that most of the clusters revealed attitudes linking a menstruating woman with a neurotic person. The conclusion is that general conceptions about menses have not changed even though people are probably more accurately informed now than ever before. Tables of data and a bibliography are included. (DB)

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Attitudes Towards Menstruation

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Abstract

While the biology of menstruation is common information, what peoples' attitudes toward menstruation are has not been the subject of many studies. To explore current conceptions about menstruation, 50 male and female undergraduate students were asked to Q sort the 47 symptoms from the Moos Menstrual Distress Questionnaire, which had been modified to fit Q sorting technique. Subjects were instructed to respond with four different conceptual sets: "initial conceptions," "current conceptions," "conceptions for your best friend." and " conceptions for the average woman." Data from each of the four Q sorting tasks were submitted to a Q type factor analysis. Results revealed that for each of the first three Q sorting tasks three clusters of people emerged while the last Q sort was best explained with one factor. Results indicated that people's attitudes have not changed from yesteryear. Most of the clusters revealed attitudes linking a menstruating woman with a neurotic person.

Menstruation, perhaps more than any other characteristic of womanhood, evokes myth and ritual. Paired with the suspicion of evil powers which have sometimes been associated with this biological process, are curious distortions concerning the effects of menstruation on a woman's behavior and/or personality. For example, the Mae Enga of New Guinea, believe, like many other primitive cultures, that men can be poisoned if a menstruating woman touches their food (Meggett, 1964); workers in the opium industry of the 19th. century were all men because the then current thought included the myth that menstruating women would taint the opium (Novak, 1916). Even more recently, when permanent waves were first introduced, it was believed that the permanent "would not take" if the woman was menstruating (Delany, Lupton, and Toth, 1975). Delany, et al., (1975) suggest that these and other fear attitudes about menses can be traced to initial ideas that magical powers are needed for one to bleed and not die. Menstruation also evokes envy in men because it signifies that only women can reproduce the species (Horney, 1926).

Explanations for the dread most women feel at the thought of menses are more difficult. Culpepper (1979) suggests that women have internalized society's attitudes that their organs are "disgusting and dirty" and, therefore,

"remain ignorant and fearful about their bodies" (p.136).

Although it can be assumed that most adults in the United States and other industrialized countries are aware of the physiology of menstruation, there is good evidence that these distortions concerning behavior and personality are not merely historic (Culpepper, 1979; Delany, et al., 1975). They persist today in modern societies, contributing one major "myth" about women. At the same time, more and more research evidence is being accumulated which suggests that, accept for individual difference considerations, menstruation does not interfere with functioning, behaviorally or temperamentally (Brooks, Ruble & Clark, 1977; Doering, Brodie, Kraemer, Moods, Becker, & Hamburg, 1975; Hollingworth, 1914; Owen & Stevens, 1981; Persky, 1974).

The question arises, then, given the understanding of the physiological process and the research evidence which indicates that menstruation has no "real" effect on behavior and personality, what are the currently held conceptions about menstruation?

Method

Subjects

Fifty undergraduate students (25 female and 25 male), who ranged in age from 19 to 25, served as subjects for

this investigation. All were from a mid western area, all were white, all identified themselves as being of a Christian faith, and all were tested individually.

Instrument

The Moos Menstrual Distress Questionnaire (MDQ) (Moos, 1977) was modified to provide the Q sort items used in this investigation. The MDQ is a scale which contains 47 symptoms which have been associated with the menstrual cycle. The scale as usually used is a six point rating scale, Likert type, with reported reliabilities of .53 to .89 and good internal consistency validity (Moos, 1977).

For this investigation each of the 47 symptoms was typed on a 1 x 3 inch index card section to form the unstructured Q sort. Subjects were instructed to sort these cards along a continuum from "1" to "7" (1 = least relevant, 7 = most relevant). There were four sets of instructions for each subject's Q sorting task:

1. "Sort these cards indicating your initial conceptions of menstruation, i.e., what characteristics did you think were relevant when you first head about menstruation, when you were 9 or 10 or 11 or 13."

2."Sort these cards indicating your current concept of menstruation..."

3. "Sort these cards indicating your concept of how menstruation is for your best woman friend..."

4. "Sort these cards indicating your concept of how menstruation is for the average woman..."

Person by person correlations and factor analysis using principal components solution and quartimax rotation were computed for each of the four different sorting instructions. Factor scores were formed by using Spearman's Weightings. These factor scores were then transformed into standard scores . A rank order discriminant analysis was then performed which yielded positive and negative item discriminators for each of the factors.

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Insert Tables 1,2,3, & 4 about here

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Results

Q methodology identifies clusters of people who share similar attitudes. If there were descrepancies in attitudes between the genders, therefore, Q methodology would have separated them out. However, there were no differences in attitude for any of the demographic measures in any of the analysis, including gender (except for instruction three factor three). Consequently male and female data were combined for all initial analyses. Table 5 displays the factors identified for each set of instructions and labels which have been attached to explain the positive and negative item discriminators.

Table 6 displays the results of the discriminant analysis for the first set of instructions. As can be observed there were three factors or different attitudinal sets. Factor 1, labeled "General malaise" was the largest factor, contained 62% of the sample and accounted for 26.4% of the variance. In this factor respondents noted that symptoms such as nausea and lowered performance were relevant to their initial conceptions, whereas physiological changes, e.g., swelling of abdomen, were considered not relevant.

Factor 2, labeled "Nest building," represented 18% of the sample and accounted for 23.39% of the variance. This factor was identified by items such as orderliness, affectionate, and bursts of energy. Factor 3, labeled "Accurate physiological changes" reflected only 10% of the sample, and accounted for 6.54% of the variance. This factor was the only factor for the first set of instructions which identified physiological change symptoms as positive discriminators.

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Insert Table 6 about here

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Table 7 displays the data resultant from analysis of the second set of instruction's data, i.e., corrent conceptions of menstruation. Here, as before, three factors emerged. Factor 1, labeled "Generalized vegetative disorder",

was produced by 82% of the sample and accounted for 34.76% of the variance. Similar to Factor 1 above, positive items are of a "neurotic" type while negative discriminators are, at least in part, reflective of physiological changes, e.g., skin disorders and swelling of breasts.

Factor 2, reflecting 10% of the sample and accounting for 6.86% of the variance, was labeled "Euphoria," due to the almost reaction formation orientation of the highest ranked positive discriptor, i.e., feelings of well being. Factor 3, only 6% of the sample and 6.56% of the variance was labeled "Depression."

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Insert Table 7 about here

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Factors associated with the third set of instructions are displayed on Table 8. Eighty-five percent of the sample are found in the first Factor, labeled "Anxiety reaction." and accounted for 34.98% of the variance. Here the symptoms identified as positive discriminators become even more descriptive of a person who is psychologically disturbed: blind spots, dizzness, and excitement are rated as positive and swelling of the abdomen and irritability are rated as least relevant.

Factor 2, 12% of the sample, and 6.76% of the variance, is labeled "Accurate behavior change." This factor reflects the apparently small percentage of the

population whose conceptions of menstruation is at least congruent with physiological changes most often noted by women. Similarily, Factor 3, containing 4% of the sample and accounting for only 5.35% of the variance, is a more physiological oriented attitude, allbeit a more generalized syndrome, toward menses. This Factor was labeled "General irritability."

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Insert Table 8 about here

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The fourth instruction set: Indicate your conception concerning menstruation for the average woman could be identified best with only one Factor. This Factor contained 78% of the sample and accounted for 41.80% of the variance. This one Factor was labeled "General ding-a-ling". People here identified only a few physiological symptoms as positive discriminators but several psychological ones.

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Insert Table 9 about here

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Discussion

This study of attitudes toward menstruation involved the use of four different sets of instructions and Q methodology. In the first instruction, subjects Q sorted

in terms of menstruation as first described to them. It was expected that subjects' memory of this information (the "initial conception") would be the least accurate, not only because of the vagaries of memory, but because of the likelihood of misinformation as originally imparted. It was expected that the second instruction would yield factors that would provide a more accurate description of menstruation, since subjects were oriented toward "current conceptions," i.e., directed to "correct" the first Q sort, in effect. In addition a comparison of the results of the first two Q sorts might provide an indication of change over time of attitudes.

Both of the first two Q sorts yielded three factors. The clusters emerging from the "initial conception" instructions reflect the attitude that menstruation results in a general ill feeling; the notion that menstruation is some sort of sickness is suggested by the fact that 62% of the subjects made up the first factor. Only 10% of the sample described menstruation in terms which appear to be an objective conceptualization of the physiological changes that dependably occur. It was interesting that, although the factors which emerged from the second Q sort revealed a change in conceptualization, the description of menstruation was in no way more accurate. Although menstruation is still seen as a psychophysiologic reaction, by

82% of the sample, there is a large number of subjects who conceive of menstruation as a dysfunction in temperament, Factor two reflecting euphoria and factor three reflecting depression. In time, it might be speculated, there is greater specificity in the diagnosis of the illness, but menstruation is still conceived of as an illness which is debilitating to the energy level and mood as well as generally dysfunctional.

In the instructions for the third Q sort ("your best woman friend") and the fourth ("average woman"), the subjects were more directed to persons with whom they share experiences rather than an abstract concept (or "illness"). The factors that emerged from both Q sorts involve "symptoms" more in the behavioral, social interaction or psychological realm than the physiological. Three factors were identified as a result of the third instruction: 85% of the sample described their menstruating friend in terms which suggest that she suffers anxiety symptoms. The other two factors similarly focussed on primarily psycho-social symptoms, only 12% of the sample falling on the factor which we call "accurate behavioral changes." The fourth set of instructions was expected to yield less specificity in attitude in comparison with the third Q sort and to produce factors which would resemble the factors obtained in the second Q sort. There is no doubt that the conception

of the "average" menstruating woman is less differentiated than that of "your best friend": only one factor was obtained and that contains a cluster of diverse symptoms which in some cases are incompatible with each other. A comparison with the second Q sort results also suggests the lack of specificity and the greater importance of social relationship with a menstruating woman that emerge when the subject is directed to describe persons with whom the subject has had experience, a clear shift from physiological to psychological symptoms.

Certainly there are limitations in the generalizations which can be made from this initial study. We have good evidence, however, that general conceptions about menses have not changed even though people are probably more accurately informed now than ever before (Bardwick, 1971; Ivey and Bardwick, 1968; Paige, 1973).

That "women" did not load on a separate factor from men was significant. We cannot place the burden for a conception of menstruation as a disease or form of neurosis on to men. Women, it would appear, are just as responsible for continuing this myth. Perhaps with more education and a society wide awakening as to the true nature of this biological function these attitudes will no longer be as prevalent.

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Table 1

Factor Matrix First set of instructions

Persons	Factors* 1	2	3
1	70869	19524	-09711
2	55906	20320	04235
3	-22165	07516	-51143
4	46869	49778	21578
5	24758	26557	24157
6	60768	16237	15782
7	51920	54700	21462
8	44408	18650	02017
9	57938	35153	51249
10	66200	22401	-51273
11	-03161	53957	08043
12	31171	31065	30512
13	16669	01832	-01798
14	34694	17688	11780
15	72688	-07469	37233
16	51818	32296	14660
17	22809	25212	31028
18	32430	02179	03447
19	41748	-36223	66409
20	47559	58855	13639
21	77095	36006	-09389
22	68773	24008	19039
23	53231	24311	29696

* decimals have been removed

Table 1 (continued)

Persons	Factors* 1	2	3
24	04335	01436	08856
25	01122	01897	-09251
26	71031	-36275	02762
27	49401	-04139	-01051
28	80669	-21807	04570
29	64015	31762	10403
30	47229	54340	-20692
31	52516	24732	09919
32	28596	-13432	-13162
33	53119	55202	04219
34	61393	-06519	-07338
35	29781	51778	11056
36	82343	08978	09188
37	52165	-01951	41668
38	76069	21739	-14896
39	42067	10224	02145
40	77989	16828	-05901
41	36055	54226	14598
42	57793	05538	26950
43	06872	78724	60499
44	49112	23275	15224
45	30661	06407	19807
46	02148	00491	02795
47	46583	38244	18941

* decimals have been removed

Table 1 (continued)

Persons	Factors* 1	2	3
48	44584	06861	40771
49	29079	-01986	52922
50	82308	15078	04884

* decimals have been removed

Table 2

Factor Matrix Second Set of Instructions*

Persons	Factors		
	1	2	3
1	51166	-20672	30968
2	62324	22957	01767
3	-26934	-02141	28784
4	52435	-18554	-48859
5	61088	-04232	28186
6	48795	40838	-11286
7	59762	23666	-11921
8	71201	-26110	-06042
9	80708	00769	07904
10	18359	09572	48549
11	64162	-05349	07296
12	63943	-07605	00066
13	44554	52068	24038
14	65441	-23696	28185
15	60320	-34496	04469
16	55584	37820	-19929
17	41539	-62075	01164
18	65452	36866	-09914
19	59563	21200	16817
20	59917	-11763	09236
21	54894	-24736	17963
22	73424	-08444	04363

* decimals have been removed

Table 2 (continued)

Persons	Factors* 1	2	3
23	58937	11489	-26090
24	32770	04558	57734
25	11904	-00864	-02637
26	36196	-09037	-08737
27	66423	15210	-00384
28	62577	18959	04317
29	81378	01423	01511
30	68170	06491	-11621
31	42482	21279	-64427
32	47335	67413	39380
33	71859	-22626	16411
34	52249	-16560	32046
35	73187	-06641	-13822
36	64255	24000	-13163
37	47214	-30620	11846
38	73368	20229	-04047
39	65751	10516	-28753
40	76937	21629	-04554
41	58220	57217	-23313
42	52332	06829	30651
43	53017	19449	-41907
44	53506	-28207	27352
45	57308	-22316	44993

*decimals have been removed

Table 2 (continued)

Persons	Factors*		
	1	2	3
46	24129	36858	13236
47	75596	32694	48791
48	74072	-05501	32938
49	46743	-07130	00959
50	77040	23269	19154

* decimals have been removed

Table 3

Factor Matrix Third Set of Instructions*

Persons	Factors 1	2	3
1	43480	61638	32903
2	74227	-04396	00785
3	-38303	-43498	60896
4	67732	-15368	-24083
5	70256	17894	24596
6	56326	-07774	-36989
7	60680	21644	-19385
8	61253	41097	-05340
9	76604	06606	10774
10	84678	06053	00327
11	58637	-05966	02043
12	30613	34355	18554
13	35698	-07460	17724
14	45155	-11423	25321
15	64173	-05451	-03388
16	65457	-31326	07664
17	37029	05371	-07552
18	79396	-03859	-16148
19	53893	05631	09017
20	66999	44916	03374
21	70720	18327	-13935
22	77471	24243	-12462
23	66592	07415	-31646

* decimals have been removed

Table 3 (continued)

Persons	Factors* 1	2	3
24	11040	25123	52299
25	31539	84402	00344
26	39184	37037	-10909
27	48162	24026	04855
28	47906	03354	-16484
29	67804	15139	03126
30	74703	-26500	-17598
31	60105	-20912	-06824
32	74765	16726	-18825
33	56721	17776	-13817
34	64676	03917	34978
35	09980	07779	06671
36	73015	13956	-03354
37	58889	15127	39969
38	34581	48917	-00192
39	70277	18469	-45840
40	70375	-11249	-20304
41	63316	20034	-34552
42	66441	05327	17997
43	75524	-20398	20151
44	61615	17032	56722
45	57711	17386	33774
46	19346	-37352	17461

* decimals have been removed

Table 3 (continued)

Persons	Factors* 1	2	3
47	66724	09314	-07321
48	70351	07469	15965
49	53400	04496	08428
50	57277	36880	16878

* decimals have been removed

Table 4

Factor Matrix Fourth Set of Instructions*

Persons	Factors 1	2	3
1	58643	42794	-06256
2	75316	00077	45531
3	-52417	29489	13002
4	64914	15499	-00469
5	67582	04466	02884
6	39187	-48685	-05060
7	63915	-51951	-06164
8	69549	-00071	-19511
9	81251	-01096	08584
10	74057	00231	24077
11	68947	03945	-07660
12	64005	28385	-31024
13	59685	-02987	55398
14	48020	28713	01911
15	69271	-08475	11831
16	76624	-24603	20211
17	36661	37388	-35733
18	68206	-34848	06308
19	71004	09231	-10567
20	78819	-08749	-28592
21	68405	20537	-04573
22	64041	13970	-02096

* decimals have been removed

Table 4 (continued)

Persons	Factors* 1	2	3
23	70581	-03881	-34505
24	35290	04478	47081
25	19319	-2735	17665
26	53390	-05483	-06871
27	59152	04371	01633
28	65703	-18913	22707
29	84318	07598	01224
30	83230	06616	19332
31	72366	-26535	-07718
32	80673	-01391	26229
33	77301	04699	-29955
34	52614	32614	01344
35	59750	-00398	-20607
36	66708	-42019	23780
37	53881	44089	-15602
38	58326	-20651	02739
39	70924	-14711	33509
40	74591	06596	21955
41	76338	-22240	12046
42	67553	27402	-06224
43	62185	-06153	11824
44	63191	43720	28188
45	57569	43242	-00099
46	19790	-14685	02185

* decimals have been removed

Table 4 (continued)

Persons	Factors* 1	2	3
47	78206	-32052	-22525
48	70314	34239	11120
49	41125	09804	02488
50	67777	-27944	-23858

* decimals have been removed

Table 5

Instructions to Subjects and names of factors

I. Initial conceptions of menstruation .

Factor 1. "General malaise"

Factor 2. "Nest building"

Factor 3. "Accurate physiological changes "

II. Current conceptions about menstruation .

Factor 1. "Generalized vegetative disorder"

Factor 2."Euphoria"

Factor 3. " Depression"

III. Conceptions about menstruation for your best friend.

Factor 1. "Anxiety reaction"

Factor 2. "Accurate behavior change"

Factor 3. "General irritability"

IV. Conceptions about menstruation for the average woman.

Factor 1. "General ding-a-ling"

Table 6

Standard scores for discriminators

Sort One: Initial conceptions about menstruation

Cluster One*

	Factors		
Positive Discriminators **	1	2	3
1. Nausea (31)***	1.61	-1.12	-0.31
2. Lowered motor coordination (42)	1.26	-1.12	-0.66
3. changes in eating behavior (40)	1.45	0.53	-0.95
4. Lowered performance (19)	0.79	-0.29	-1.01
5. Insomnia (21)	1.13	-0.29	-0.50
6. Muscle stiffness (8)	0.93	-1.12	-0.37
Negative Discriminators**			
1. Swelling of abdomen (25)	-1.62	-1.10	1.34
2.5 Confusion (15)	-1.08	0.96	0.20
2.5 Avoidance of social interaction (1)	-0.97	-0.26	-0.97
4. Depression (44)	-1.20	-0.70	0.74
5.5 Tenson (39)	-1.04	-0.70	1.41
5.5 Swelling of ankles (50)	-0.42	1.36	-0.10

* 19 females and 12 males: 62% of the sample.

** Discriminators are in rank order

*** Indicates symptom number.

Table 6 (continued)

Standard scores for discriminators

Sort One: Initial conceptions about menstruation

Cluster Two*

	Factors		
Positive Discriminators**	1	2	3
1. Orderliness (9)***	-1.20	1.36	1.49
2. Affectionate (10)	0.19	1.36	-1.49
3. Bursts of energy (37)	-0.39	1.36	-0.55
4. Ringing in ears (22)	0.78	1.35	-1.38
5. Swelling of ankles (50)	-0.42	1.36	-0.10
6. Depression (45)	0.17	0.93	-0.85
Negative Discriminators**			
1. Backache (35)	-0.53	-1.11	1.52
2. Crying (20)	0.81	-1.11	0.32
4. Nausea (31)	1.69	-1.12	-0.31
4. Painful breasts (24)	-0.51	-1.11	1.26
4. Headache (13)	0.11	-0.71	1.23
5.5 Lowered motor coordination (42)	1.26	-1.12	-0.66
5.5 Muscle stiffness (18)	0.93	-1.12	-0.37

* 17 females and 2 males: 18% of sample.

** Discriminators are in rank order,

*** Indicates symptom number.

Table 6 (continued)

Standard scores for discriminators

Sort One: Initial conceptions about menstruation

Cluster Three *

	Factors		
Positive Discriminators**	1	2	3
1. Swelling breasts (27)***	-1.31	-1.11	1.76
2. General aches and pains (47)	-1.39	-1.12	1.70
3. Pelvic cramps (6)	-1.26	1.11	1.70
4. Irritability (48)	-1.62	-1.11	1.34
5. Swelling of abdomen (25)	-1.62	-1.10	1.34
6.5 Uterine cramps (35)	-0.53	-1.11	1.52
6.5 Backache (7)	-1.04	-1.11	1.35
Negative Discriminators**			
1. Feelings of suffocation (11)	1.14	1.35	-1.70
2. Forgetfulness (16)	1.09	1.36	-1.33
3. Ringing in ears (22)	0.78	1.35	-1.38
4. Lowered judgment (33)	1.31	1.35	-0.82
5.5 Cold Sweats (34)	1.43	0.94	-0.75
5.5 Changes in eating habits (40)	1.45	0.53	-0.95

* 3 Females and 2 males: 10% of the sample.

** Discriminators are in rank order.

*** Indicates symptom number

Table 7

Standard scores for discriminators

Sort Two: Current conceptions about menstruation

Cluster One*

	Factors		
Positive Discriminators **	1	2	3
1. Feelings of suffocation (11)***	1.19	-0.84	-3.00
2. Swelling ankles (50)	0.89	-1.19	-1.60
3. Change in eating behavior (41)	0.81	-0.82	-1.91
4. Aches and pains (48)	1.31	-0.32	-0.37
5. Lowered judgment (33)	0.40	-0.77	-2.02
6. Distractable (26)	1.11	-0.22	-0.78
Negative Discriminators**			
1. Skin disorders (17)	-1.78	0.33	1.60
2. Nausea (31)	-1.33	0.18	1.49
3. Crying (20)	-1.31	-0.02	1.40
4. Feeling of well being (23)	-1.40	2.19	-0.32
5.5 Swelling of breasts (27)	0.50	1.75	1.76
5.5 Lowered school or work performance (19)	-1.43	-0.51	0.81

* 23 Females and 18 Males: 82% of sample.

** Discriminators are in rank order.

*** Indicates symptom number.

Table 7 (continued)

Standard scores for discriminators

Sort Two: Current conceptions about menstruation

Cluster Two*

	Factors		
Positive Discriminators**	1	2	3
1. Feelings of well being (23)***	1.40	2.19	-0.32
2. Backache (35)	0.72	1.85	0.83
3. Mood swings (47)	1.24	1.68	-0.66
4. Lowered motor coordination (42)	-0.85	0.27	-0.30
5. Muscle stiffness (18)	1.27	1.66	-0.65
6. Uterine cramps (7)	1.33	1.76	-0.12
Negative Discriminators**			
1. Hot flashes (29)	-0.00	-0.93	0.31
2. Affectionate (10)	-0.83	-1.00	1.34
3. Blind spots (39)	0.95	-0.06	0.65
4. Fatigue (32)	0.48	-0.26	0.45
5. Aches and Pains (48)	1.31	-0.32	-0.26
6.5 Anxiety (36)	-0.44	0.23	1.00
6.5 Depression (45)	0.11	-0.91	-0.04

* 4 Females and 1 male: 10% of sample.

** Discriminators are in rank order.

*** Indicates symptom number

Table 7 (continued)

Standard scores for discriminators

Sort Two: Current conceptions about menstruation

Cluster Three*

	Factors		
Positive Discriminators **	1	2	3
1.5 Crying (20)***	-1.31	-0.02	1.40
1.5 Stay at home (8)	-1.47	-1.01	0.89
3. Affectionate (10)	-0.83	-1.00	1.34
3. Skin disorders (17)	-1.48	0.33	1.60
3. Nausea (31)	-1.33	0.18	1.49
6. Lowered performance (19)	-1.43	-0.51	0.81
Negative Discriminators**			
1. Feelings of suffocation (11)	1.19	-0.84	-3.00
2. Muscle stiffness (18)	1.27	1.66	-0.65
3. Aches and pains (47)	1.24	1.68	-0.66
4. Lowered judgment (33)	0.40	-0.77	-2.02
5. Change in eating habits (11)	1.19	-0.84	-3.00
6. Uterine cramps (7)	1.33	1.76	-0.12

* 2 Females and 1 male: 6% of sample.

** Discriminators are in rank order.

*** Indicates symptom number.

Table 8

Standard scores for discriminators

Sort Three: Conceptions of menstruation for your best friend.

Cluster One*

	Factors		
Positive Discriminators**	1	2	3
1. Blind spots (38)***	1.84	-1.58	-1.48
2. Numbness in extremities (41)	1.77	-1.49	-1.20
3.5 Cold Sweats (34)	1.59	-0.77	-1.26
3.5 Dizzness (5)	-1.77	-0.37	-1.41
5. Chest pains (3)	1.51	-1.22	-0.86
6. Excitement (4)	1.35	-0.65	-1.18
Negative Discriminators**			
1. Swelling of abdomen (25)	-1.33	1.68	1.15
2. Irritability (48)	-1.42	0.95	1.25
3.5 Mood swings (46)	-1.15	1.66	1.14
3.5 Anxiety (36)	-1.03	1.31	1.28
5. Stay at home (8)	-1.94	0.94	0.04
6. Tension (39)	-1.17	1.13	1.09

* 27 Females and 15 Males: 85% of sample.

** Discriminators are in rank order.

*** Indicates symptom number.

Table 8 (continued)

Standard scores for discriminators

Sort Three: Conceptions of menstruation for your best friend.

Cluster Two*

	Factors		
Positive Discriminators**	1	2	3
1. Stay at home (8)***	-1.94	0.94	0.04
2. Weight gain (28)	-0.23	1.98	0.59
3. Swelling of abdomen (25)	-1.33	1.68	1.15
4. Mood swings (46)	-1.15	1.66	1.14
5. Takes naps or stays in bed (14)	-1.79	0.42	-0.19
6. Skin disorders (17)	-0.64	0.58	-0.36
Negative Discriminators**			
1.5 Confusion (15)	1.02	-0.74	0.59
1.5 Hot flashes (29)	0.65	-1.53	-0.83
3. Chest pains (3)	1.51	-1.22	-0.86
4. Insomnia (21)	-0.03	-1.44	-0.30
5. Numbness in hands or feet (41)	1.77	-1.49	-1.20
6.5 Difficulty in concentration (2)	-0.47	-1.13	0.88
6.5 Blind spots or fuzzy vision (38)	1.84	-1.58	-1.48

* 1 Female and 5 males: 12% of sample.

** Discriminators are in rank order.

*** Indicates symptom number.

Table 8 (continued)

Standard scores for discriminators

Sort Three: Conceptions of omenstruation for your best friend.

Cluster Three*

	Factors		
Positive Discriminators**	1	2	3
1. Muscle stiffness (18)***	-0.88	-0.61	1.41
2. Irritability (48)	-1.42	0.95	1.25
3. Restlesness (30)	-0.83	-0.63	0.71
4. Difficulty in concentration (2)	-0.47	-1.13	0.88
5. Nausea (31)	-1.07	-0.82	0.28
6. Fatigue (32)	-1.12	0.26	0.66
Negative Discriminators**			
1. Dizziness (5)	1.77	-0.37	-1.41
2. Feeling of well being (23)	1.14	0.00	-1.43
3. Accident prone (49)	1.17	0.18	-0.81
4.5 Burst of energy (37)	0.89	-0.31	-1.03
4.5 Excitment (4)	1.35	-0.65	-1.18
6. Cold sweats (34)	1.59	-0.77	-1.26

* 2 Males: 4% of Sample.

** Discriminators are in rank order.

*** Indicates symptom number.

Table 9

Standrad scores for discriminators

Sort Four: Conceptions of menstruation for the average woman.

Cluster One*

	Factors		
Positive Discriminators **	1	2	3
1. Lowered judgment (33)***	1.06	-1.06	-1.05
2. Mood swings (47)	1.89	-1.01	1.23
3. Excitement (4)	0.89	-1.01	-0.89
4. Affectionate (10)	0.38	-0.99	-1.52
5. Chest pains (3)	1.00	-1.34	0.49
6. Depression (45)	0.27	-1.52	-0.54
Negative Discriminators**			
1. Avoids social activities (1)	0.10	0.57	-0.89
2. Bachache (36)	-1.79	0.94	0.06
3.5 Insomnia (21)	-1.81	0.56	0.57
3.5 Feelings of suffocation (11)	-2.17	1.68	-0.90
5. Weight gain (28)	-1.71	-0.04	0.82
6. Cold sweats (35)	-0.97	0.28	1.77

* 25 Females and 14 males: 78% of sample.

** Discriminators are in rank order.

*** Indicates symptom number.